



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

“The simple act of caring is heroic.”  
- Edward Albert

## Caregiver Tip

Caring for someone with Alzheimer’s disease is time-consuming. The person may appear fine physically but may need still supervision for most activities including bathing and dressing, and eating. The stress of caregiving is exponentially increased when there are behaviors to contend with.

The first step in managing difficult behaviors is to discuss the behaviors with your physician who can rule out pain and medication side effects and make recommendations.

Experts in Alzheimer’s disease believe behaviors may be a reaction to stress, frustration, or discomfort. They recommend carefully observing when the behaviors occur, isolating and minimizing triggers contributing to the behaviors.

Managing behavioral symptoms can be tiring and frustrating but showing these reactions can prolong or aggravate the behaviors. Project calm and soothing with your facial expression, body language and tone of voice. Don’t take the behaviors personally, maintain a sense of humor and if the stress of caregiving is overwhelming seek support of others caring for family members with Alzheimer’s disease.

### Caregiver Support Group

**Wednesday, June 4, 2014**

**4—5:30 p.m.**

**Alexandria Adult Day  
Services Center**

## Resources

**The New Old Age Blog** – <http://newoldage.blogs.nytimes.com>

This blog by The New York Times has articles and resources on aging on aging and caregiving.

**AARP Caregiving Online Community** – <http://www.aarp.org/home-family>

Find online support, advice, and resources on AARP’s caregiving website.

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A publication of the  
City of Alexandria  
Department of Community and Human Services  
Division of Aging and Adult Services

June 2014